

## GET FIT FOR 2013

We talk to the experts to help you fix your detox and get exercising **P10**

Councils declare TfL's planned ferry link inadequate

# Time to re-ignite bridge campaign

**Rob.Virtue**  
@wharf.co.uk

**G**reenwich and Newham councils are teaming up to revive plans for a road bridge between Thamesmead and Beckton.

The initiative, launched on Friday, comes on the back of a Transport for London consultation over new Thames crossings.

TfL has said it was looking into constructing a tunnel between Silvertown and the Greenwich Peninsula – a proposal backed by the councils – but has played down a fixed

### Silvertown tunnel provokes protest

Page 8

link at Gallions Reach to replace the Woolwich Ferry – similar to a scheme dropped by Mayor Boris Johnson when he entered office in 2008.

Instead, TfL wants to replace the ferry service with another two miles downstream.

Greenwich and Newham are adamant a bridge has to be built. They claim it would improve access to more than 40 important sites either side of the river and estimate around 20,000 jobs would be created.

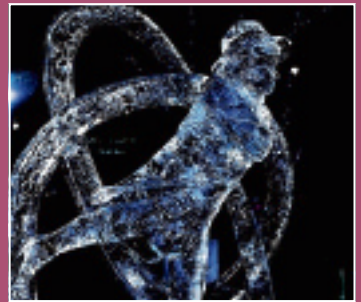
**Continued on Page 8**



## Grime is not on our side

Ellie Eversett of the Old Royal Naval College in Greenwich climbs on scaffolding to check the Painted Hall where the first restoration work for 50 years has started on paintings by Sir James Thornhill  
**Full story and more pictures • Pages 4-5**

## Inside



## Fill up your daily planner

Preview of events in the weeks ahead including boat show and ice sculpting **P6-7**

## NEW YEAR, NEW JOB?

8-page recruitment supplement inside



## Travel special

Diving in Malaysia and honeymooning in hot Mexican luxury **P12**

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## WEATHER

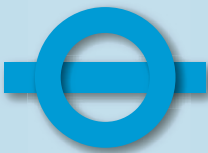
**6C TODAY**  
Cloudy

**6C FRIDAY**  
Cloudy

**6C SATURDAY**  
Mostly cloudy

**3C SUNDAY**  
Mostly cloudy

**3C MONDAY**  
Sunny but cold



## TRAVEL

**TUBE & DLR**  
DLR and Jubilee line are both fine.  
**ROADS**  
No planned disruption.

## INSIDE

**NEWS**  
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**ESTABLISHED 1998**

# Agenda

## My double life is taking twice the toll

I know a banker who tells fibs. He does it all the time. He just won't tell the truth about his job. Ask him where he works and he's very vague. He explains he's fed up of defending banking.

So when asked what he does for a living, he lies. I wonder how many bankers are walking round pretending they work in accounting or IT, to avoid the confessing the truth?

I have an inkling of what it's like living a double life, and I wouldn't recommend it.

For three years I've written an anonymous column, *Confessions*

### BLONDE'S EYE VIEW



ANGELA CLARKE

*Of A Fashionista*, about working in the fashion industry. For the last six months I've run an anonymous Twitter account for it as well. It's like having a split personality.

The opportunity for slip-ups is enormous, like when a friend drunkenly tweeted from her work account instead of her personal one. She had to pretend to her boss they'd been hacked. You know, those well-known hackers that tweet about the night bus. Political activists – huh!

There are few things as heart stopping as your phone replying from your personal account to your secret one.

Apart from your friend accidentally outing your identity on Twitter or Facebook.

Social media shouldn't be this stressful. I was promised fun, frivolity and re-tweets.

The problem is anything that you can access easily after a few Sancerre's is bound to cause trouble. And all that's before you get to the arguments.

Hubby already moaned I spent more time playing with my phone than I did talking to him.

Running two accounts was a full time job. At least the bankers are paid for their subterfuge.

## Reuters' view



Chile's Claudio Rodriguez rides his Honda motorcycle during the second stage of the Dakar Rally, from Pisco to Pisco

A week in photos  
Page 60

### What our writers are talking about



■ I finally found this box of bricks at the back of the Lego store at Westfield, tucked away in the corner, behind the counter.  
**Giles Broadbent**

■ My hackles are raised, I challenged this horrid woman. How dare she use such vile words in front of my five-year-old son.  
**Tabitha Ronson**

■ Whatever the sport there are plenty of opportunities for people to show their talent, dedication and ambition.  
**Jim Fitzpatrick MP**

■ Although you don't get red-faced and breathless as with some other fitness classes, Pilates was equally as beneficial.  
**Beth Allcock**

## Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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## 60 Second Wharf

### NEWS

#### Behind the screens

A huge vinyl screen is hiding extensive restoration on Sir James Thornhill's Painted Hall masterpiece.

**Pages 4-5**

#### Chip off the old block

Kings and queens of the chisel and the warm glove will descend on the Wharf for an ice sculpting festival

**Pages 6-7**

#### Bring the QE2 here

Campaigners have launched an online petition to bring QE2 to Carlsberg Wharf near The O2.

**Page 7**

### FEATURES

#### Live, fast and survive

If fasting for two days a week is the theme of 2013, how can a Wharfer cope at lunchtime?

**Food • Page 55**

#### Hit or Les Mis?

Tom Hooper has brought the much loved musical *Les Miserables* to the screen – but does it work?

**What's On • Page 56**

#### Solicitors open office

Law firm Howell Jones has opened an office in Canary Wharf focussing on family and employment matters.

**Business • Page 58**



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The Connaught Tunnel works go under the London City Airport

# Bird's eye view of rail progress

## DEVELOPMENT

Rob.Virtue  
@wharf.co.uk

HERE'S a look at the huge transformation going on across east London ahead of Crossrail.

From groundbreaking construction of the Canary Wharf station to the cross-river link at the Connaught Tunnel and the entrance point of the tunnelling machines at Limmo Peninsula, the development is gathering pace.

Crossrail's chief executive Andrew Wolstenholme said: "These striking new aerial images provide a glimpse of how Crossrail is transforming the London landscape."

"From major new developments in central London to a range of transport improvements across the south-

east, this bird's eye view shows how Crossrail is taking shape."

So far over 20 million hours of work has been undertaken on the project by 7,000 people working at more than 40 sites across London.

Tunnelling has begun either side of the capital with boring machines Elizabeth and Victoria launched on the east late last year.

Over at Woolwich huge excavation works are taking place to create a 25m-deep station box.

The next 12 months will see the first tunnels completed, as well as upgrades to existing lines.

And here in Canary Wharf, much of the Crossrail station will be open later this year. The building neighbouring West India Quay will include a 10,000sq ft restaurant, a boutique cinema, a gym and a host of shops set over three floors.



Above, Canary Wharf station at the base of the skyscrapers



Left, the centre of tunnelling operations on the Limmo peninsula and, above, Pudding Mill Lane

## Bid to build 75-storey tower

A NEW residential building proposed for the Isle of Dogs could be the second tallest tower in the UK behind The Shard.

Plans for City Pride development have been submitted to Tower Hamlets Council. It would rise to 75 storeys if it receives the go-ahead.

However, despite being a bigger structure it may still not be as high as One Canada Square.

While City Pride would

be 239m above sea level, Canary Wharf Group says its centrepiece is five metres higher – despite being only 50 floors.

This is because the 1990 structure was built on ground above sea level.

The proposed development, which is being put forward by Chalegrove Properties, is on the site of the former City Pride pub at Westferry Road.

As well as 860 residential

units and 84 serviced apartments, the plans include a roof terrace and basement car parking.

The site was previously owned by Irish firm Glenkerrin which ran into financial trouble in 2011.

Chalegrove, bought the area from administrators, and has also submitted plans for nearby Island Point at 443-451 Westferry Road. This is for buildings of three to six storeys, with 173 homes.

## NEWS IN BRIEF

Around east London

### Man in court on stabbing charges

**WAPPING** A 32-year-old man has appeared in court in relation to the stabbing of two lone women in separate attacks in Wapping.

At Thames Magistrates Court on Thursday, Sijil Miah, of Burwell Close, Shadwell, was charged with two counts of attempted murder and two counts of possession of a knife in a public place.

The incidents took place on December 4 and December 29 against women aged 38 and 26 in Wapping Woods.

### Anger at cut in police numbers

**TOWER HAMLETS** Mayor Boris Johnson has come under fire from Labour councillors after the party claimed the borough had lost more than 150 officers in two years.

Figures obtained through a Freedom of Information request show officer numbers have fallen from 951 in March 2010 to 789 last April.

Labour's spokesman on safety, Cllr Abdal Ullah, said: "We all know Boris Johnson can be entertaining at times, but this is no laughing matter."



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A grand artwork at the far end of the Painted Hall looks genuine, but is, in fact, a screen hiding the scaffolding and restorers at work



# Scraping off the years of grime (and some gravy)

Beth Allcock watches conservators at the Painted Hall

**D**on't be fooled by the presence of a huge vinyl screen at the rear of Greenwich's Painted Hall, for behind it lies a staircase to Sir James Thornhill's sky.

The temporary feature – a replica of the artist's 18th century work *The Golden Age Returned* – marks the entrance to a web of scaffolding scaling 11m, at the top of which conservators have begun important restoration work.

The Baroque masterpiece which adorns the West wall and ceiling is just one of the breathtaking works of art in the Painted Hall, whose images painted by Thornhill and his team over the course of 20 years serve to reflect Britain's naval prowess.

But it is this particular section of art history that is the focal point for the first phase of conservation work, undertaken by Paine and Stewart and made possible by a £335,000 grant from the Heritage Lottery Fund and £150,000 in funding from the Greenwich Foundation charity, which runs the Old Royal Naval College.

The project is the first of its kind since a comprehensive restoration programme was undertaken by the Ministry of Works between 1957 and 1960, under Westby Percival-Prescott, but this time around the work has a different public appeal.

Visitors and art-lovers alike can study the ceiling and walls, coming within touching distance of the brush strokes used to create the imagery of George I and his family and the dome of St Paul's Cathedral, from a position on the scaffolding.

Brendan McCarthy, CEO of the Greenwich Foundation, said: "Rather than do the work quietly behind the scaffolding the key is to get people to go up the scaffolding, so it becomes as important for visitors as it is for the experts."

"It's a once in a lifetime event so it won't happen for another 50 years."

"We did a look-see about a year ago to get a feel for what was required and the main work is the cleaning of dust, food remains, smoke pollution from the power station, and general residue from the 50 years since it was last cleaned."

"There have been a lot of people coming through and a lot of dinners – there were some very lively dinners in the past and the odd bread roll was thrown."

"There is even a gravy stain on the wall, which we did seriously think about keeping."

But, deciding against retaining the gravy enhancement while opting to preserve the



vanish on the paint, the conservation of the walls will primarily involve a good clean, top to bottom with a simple sterile water solution.

Minor repair work where paint has been shattered by movement of the three panels used to create the wall will also be undertaken but, Brendan stressed, the conservators will not be "changing anything dramatic".

Carla Markland, a conservator working on her first project in London, said of the task: "It's very dusty and very dirty but the cleaning is going very well and we are satisfied."

"It's a very good opportunity for me and I am very proud to be here – it is a beautiful place."

And although guests can marvel at Thornhill's walls and sky for free until the project's expected completion in April, donations will prove vital in funding the complete conservation of the entire hall.

Such a project, Brendan added, would come bearing a hefty price tag of £2million and a five-year schedule.

This would be coupled with a move to digital methods of interpreting the artwork throughout the hall.

"I hope when people come back in a few years' time, they will have a different quality of visitor experience here, as well as now enjoying a trip up the scaffolding," Brendan said.

## FACTFILE

- A series of tours and events starting tomorrow, Friday, will include introductions to the history of the Painted Hall and the artwork, led by the college's Yeoman guides, question and answer sessions with the conservators and access to the platform.
- Go to [ornc.org](http://ornc.org) for more information.



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Brendan McCarthy, right, is overseeing the project







Conservator Carla Markland sets about removing dirt from the surface of the masterwork using a sterile water solution and plenty of patience

WARREN KING



## Looking for family link

FROM one Thornhill to another, a passion for art runs strong.

American husband and wife Mark and Cindy Thornhill, from Oceanside San Diego, stopped off at the Painted Hall in Greenwich as part of their four-day trip to London.

Aside from marvelling at the paintings from a position on top of the scaffolding, the pair told *The Wharf* their visit held another significance, with an attempt to unearth a potential family link between the hall's great artist, Sir James Thornhill, and the American family.

And although Mark, a teacher of graphic art at a community college, said he wouldn't be "getting his hopes up" of a genealogical connection, visiting the artwork would spur him on to delve further.

"I've traced our name back to the

state of Virginia in late 1700s," he said. "But after that I reached a wall. It could go further."

And wife Cindy, also a teacher of art in an elementary school, said it was a lovely surprise to see the artwork at such close quarters on her first trip to the capital.

"It is very much a coincidence," she said.

"We never anticipated getting to come up so close.

"We just came sightseeing for the day – my husband puts together photo books, he teaches Photoshop and does really lovely books to show the students, and we thought we will do this and get a couple of pictures of the paintings to put in his book.

"We just happened to talk to one of the assistants and came up here."

## NEWS IN BRIEF

Around east London

### Councillors to pick baths bidder

**TOWER HAMLETS** Councillors were due to choose a bidder to take forward a project to re-develop a historical Poplar site last night.

The Bouygues UK consortium and Guildmore Ltd are in the running for a contract to refurbish and remodel Poplar Baths to allow for a 25m pool, as well as 100 new homes nearby.

There will also be a new youth facility built in the area of the existing Haileybury Centre.

The scheme, discussed at a Cabinet meeting after *The Wharf* went to press, will cost £36million.

### Cable car fails to find festive spirit

**DOCKLANDS** Passenger figures for the Emirates Air Line failed to pick up during the festive period with just over 20,000 people a week taking the trip.

Despite the half-term in November seeing 70,000 people use the cable car, only 22,904 went on the cross Thames link during the week ending December 29, just 1,000 more than the previous seven days.

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## Previews

# Gear up for the outdoor life

### ADVENTURE

CYCLISTS are being invited to the UK's largest bike exhibition at the Excel next weekend.

Three events, the London Bike Show, the Outdoors Show and the Active Travel Show will run at the same time as the London Boat Show between January 17 and 20.

Over 150 exhibitors will be at the cycling event, with organisers hoping to benefit

from the success of Great Britain's two wheeled stars at last year's Olympics.

Racing – from elite to penny farthing – will take place on each day of the show, while there will also be a test track for visitors to try out the hottest and latest products.

Meanwhile, Everest climber Kenton Cool will be headlining the Outdoors Show, with TV adventurer Charley Boorman also at the event.

The Active Travel Show will allow visitors to find out about the latest new and exciting places to visit. There will also be a host of reptiles, mammals, amphibians and birds entertaining the crowds.

Tickets cover all three shows and will also get you into the Tullett Prebon London Boat Show, running at the same time.

For tickets, starting at £13, go to [speeddata.co.uk](http://speeddata.co.uk)  
**Rob Virtue**

# Chipping away at a quest for glory

### ICE SCULPTING

**Beth.Allcock**  
@wharf.co.uk

**I**nternational kings and queens of the ice will descend on Wood Wharf tomorrow (Friday) putting their sculpting skills to the test in a battle for the 2013 crown.

The London Ice Sculpting Festival will return to Canary Wharf for its fourth consecutive year, attracting talented teams of artists from across the globe who will compete in the doubles, singles and freestyle competitions.

Visitors will have the chance to see the sculptors translate themes of The Wonders Of The Universe and Infinity into a physical object, during all three days of the event.

Competitors in the doubles competition will be tasked with forming their creation from a block of ice measuring two metres while those in the singles challenge will have to speedily carve their sculpture from a one metre slab in just two and a half hours.



The Ice Sculpting Festival from previous years at Canary Wharf. This time, the festival takes place at the new Wood Wharf

This year, the free festival will also offer all 24 sculptors a little artistic freedom and the opportunity to wow the crowds with their unique designs in a freestyle

challenge determined by the public vote.

For those keen to try their hand at carving, experts from The Ice Box will host an array of master classes throughout Wood Wharf and Canary Wharf's shopping malls, while the absence of a white Christmas this year will be more than made up for with a huge snowpit.

New attractions include a graffiti wall, an oversized outdoor Ice Chess game and a winter market, face painting and live performances.

And for those eager to feel the ice beneath their feet and not their fingers, Ice Rink Canary Wharf will be hosting its last skating sessions in Canada Square Park.

The ice-cold proceedings will be rounded off with a spectacular Northern Lights laser show at Wood Wharf on Sunday afternoon.

Go to [londonicesculptingfestival.co.uk](http://londonicesculptingfestival.co.uk) or [canarywharf.com](http://canarywharf.com) for a timetable of events.

Festival opening times January 11, 11am to 7pm, January 12, 10am to 6pm, January 13, 11am to 6pm.

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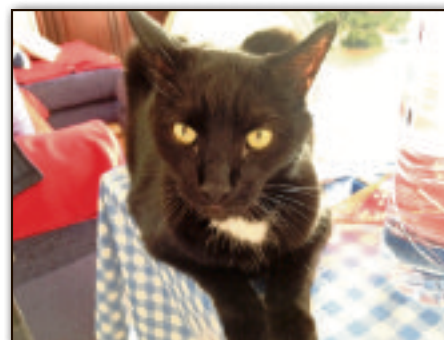
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## LOST CAT

*'Charlie'*

### Have you seen this cat?



13 years old, black short hair moggy with a bit of white under his neck. Missing since Sunday 23rd December from Isle of Dogs, River path between Island Gardens Park - Cumberland Mills - Great Eastern Pub - Police Station area, E14.

Please check your gardens / sheds / garages and help us find our beloved Charlie.

On medication, needs to be found urgently.

He is microchipped and wasn't wearing the collar. Might be injured from the fall.

Very friendly and vocal.

Reward offered for safe return.

Please contact us with any sightings or information

Contact:

**Biba 07976 515123 or Paul 07977 413149**





Ice blocks can end up in a variety of shapes and sculptures, as this entry shows

## Olympic heroes on hand to show visitors the ropes

### BOAT SHOW

**Beth Allcock**  
@wharf.co.uk

LONDON'S Olympic heroes will again take to the water in front of a home crowd at the Tullett Prebon London Boat Show.

Fleets of majestic yachts appeared in the dock outside the Excel on Monday, providing passers-by with a glimpse of the nautical gems that will fill the exhibition centre for the next nine days.

Starting on Saturday, the extravaganza will provide debut UK outings for top-of-the-range boats including the Prestige 450, the Topaz Argo dinghy and the Sunseeker San Remo.

If sparkling new releases are a little out of your budget, the used boat marina will be fully-stocked with boats, yachts and dinghies of all shapes,



**Sir Ben Ainslie: Special guest**  
sizes and price ranges, with potential buyers able to get to grips with special feature boats on the dock edge.

Visitors will also be able to re-live the sporting fever from last summer's Olympic and Paralympic Games in Stratford with two events.

Sir Ben Ainslie, the most successful sailor in the history of the Games, will take part in

a question and answer session on Saturday and between January 18 and 20, his fellow Team GB medallists including Iain Percy, Andrew Simpson, Pippa Wilson, Ian Walker and Mark Covell will race a fleet of 10-star class keelboats for the first CNM Estates UK Star Championships to be held at the show.

The live regatta will present a collaboration between the spheres of sailing and art, with decorations by artists Eine, Jaime Gill and Eley Kishimoto all featuring on the vessels.

British Freestyle Jet Ski champion Jack Moule will add to the sporting excitement with exciting stunts on the dock edge.

And a new pool in the venue's South Hall will see competitors battle it out in marine challenges and model boat racing.

Go to [londonboatshow.com](http://londonboatshow.com) for more details.



Donny and Marie at The O2; Sara Pascoe at Canary Wharf; Professor Green at Indigo2

## Early 2013 highlights

### CANARY WHARF

[canarywharf.com](http://canarywharf.com)

**Canary Wharf Comedy Club**  
Sara Pascoe, Hal Cruttenden, John Moloney, Mickey Sharma and Julian Deane  
February 12

**Canary Wharf Squash Classic**  
Return of the tournament that draws the top names  
March 18-22

### THE O2

[theo2.co.uk](http://theo2.co.uk)

**Donny and Marie**  
Puppy love from the brother-and-sister celebrating five decades of singing  
January 20

**National Television Awards**  
With a special tribute to the heroes of 2012 – as well as the usual soap stars  
January 23

**Strictly Come Dancing Live**  
Fresh from the finals, the stars of TV's favourite celebrity challenge show go on tour  
February 2-3

### INDIGO2

[theo2.co.uk/indigo2](http://theo2.co.uk/indigo2)

**Musicalize**  
Featuring Professor Green, Chipmunk and Misha B  
January 26

### GREENWICH THEATRE

[greenwichtheatre.org.uk](http://greenwichtheatre.org.uk)

**Journey's End**  
Sell A Door revive RC Sherriff's classic anti-war tale of trenches and broken men  
February 9-17

### THEATRE ROYAL

[stratfordeast.com](http://stratfordeast.com)

**Glasgow Girls**  
A life-affirming musical in which pals fight for the life of their friend  
February 8-March 2

### SPACE

[space.org.uk](http://space.org.uk)

**Hamlet**  
An all-female cast explore the characters and their relationships in Shakespeare's tragedy  
February 12-16

### EXCEL

[excel-london.co.uk](http://excel-london.co.uk)

**The MCN Motorcycle Show**  
Get up close and personal with the world's most exciting bikes and your biking heroes  
February 15-17

### London Super Comic Convention

Fanboys and girls dress up and meet writers, actors and cult entertainment creators  
February 23-24

**The Big Bang Fair**  
UK Young Scientists and Engineers Fair championed by Brian Cox and featuring a host of inspiring opportunities  
March 14-17

### ROYAL OBSERVATORY

[rmg.co.uk/royal-observatory](http://rmg.co.uk/royal-observatory)

**Alien Revolution**  
Development of our thinking on extra-terrestrial life from the earliest days  
From March onwards

### BRITISH LIBRARY

[bl.uk](http://bl.uk)

**Murder In The Library: An A-Z of Crime Fiction**  
Exploration of the development of this popular genre  
January 18-May 12

### NATIONAL HISTORY MUSEUM

[nhm.ac.uk](http://nhm.ac.uk)

**Wallace100**  
Celebrating the co-discoverer of evolution, Alfred Russel Wallace  
Throughout 2013

### TATE MODERN

[tate.org.uk](http://tate.org.uk)

**Lichenstein: A Retrospective**  
Bringing together 125 pieces by the pop-art master  
February 21-May 27

### PREVIEWS TO COME »

New openings in West End theatres

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Arenacross and NBA at The O2

PAGE 64



## Plan to bring QE2 back home

AMBITIOUS plans to berth the Queen Elizabeth 2 on the Thames and turn her into a static hotel have been unveiled.

A team of investors called QE2 London has revealed it wants the ship, retired from cruises in 2008 and bought by a company in Dubai, back in the capital.

Reports before Christmas suggested she was heading to

China to be used for scrap but it's hoped she can now find a new home on the opposite The O2 and under the Emirates cable car.

A move is likely to prove costly with reports suggesting extensive dredging would be needed to provide a berth.

But campaigners claim it can be done and say the ship will also have no problem making it through the Thames Barrier.

Campaigner Rob Lightbody said: "The plan has been a long time in the making, and done in secrecy. Events in Dubai are moving fast."

The idea received strong public support.

However, an online petition to put pressure on the Government to back the plans was mysteriously pulled on Tuesday evening.

**Rob Virtue**

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NEWS IN  
**BRIEF**

Around east London

**Companies boost festive toy appeal**

**CANARY WHARF** Companies have helped to put smiles on the faces of children in east London by providing a charity with thousands of toys.

Organisations including Thomson Reuters, Credit Suisse, Barclays and HSBC played their part in collecting more than £70,000 of educational games and cuddly animals to support the East London Business Alliance's (Elba) toy appeal.

Thousands of youngsters could unwrap a gift from the 6,400-toy haul.

Elba's Selina Uddin said: "Thanks to the huge generosity of our corporate partners our 10th Toy Appeal has been the biggest yet."

**Labour hits out at fare increases**

**TOWER HAMLETS** The borough's Labour Group has branded January's transport fare hikes across the Tube and bus network as unnecessary and unfair.

Labour's deputy leader Cllr Motin Uz-Zaman said: "These price rises are hitting residents who have no choice but to pay."

# 'How can we prosper with this bottleneck?'

FROM PAGE ONE

Newham's executive member for regeneration and strategic planning, Councillor Conor McAuley, said: "This bridge isn't about cars getting across the river – it's about vans crossing."

"There's been a lot of investment in the DLR to help transport passengers but we need business road links."

"This will also allow buses to get people across the river."

Greenwich's cabinet member for regeneration, enterprise and skills, Councillor Denise Hyland, said the crossings were key to regeneration.

"The Mayor talks about convergence – getting the east as financially well off as west London – but we won't get that convergence unless we have the transport links."

However, not everyone backs a bridge at Gallions Reach. Jenny Bates was one of the Friends of the Earth members who attended Friday's event to protest against more roads.

She said: "It's a fact that when you build more road space, traffic goes up. It was only recently that Prof Frank Kelly of King's College London said we need to cut road traffic by 20-30 per cent to meet EU limits."

Cllr McAuley said a crossing would reduce pollution by stopping vehicles from queuing for long periods.

"On a cold Tuesday morning in



Newham councillor Denise Hyland and Greenwich councillor Conor McAuley at the launch of a campaign between the councils to push for a bridge at Gallions Reach

November we have lorries queuing up to Gallions Reach for the Woolwich Ferry, often with their engines on – which they shouldn't," he said.

"And we regularly have just a single ferry trying to get them across the river. This wouldn't happen with a bridge."

"A bridge here would also reduce congestion at Blackwall which can often be gridlocked."

The previous planned crossing for the area, the Thames Gateway Bridge, was scrapped by Mayor Boris Johnson in 2008.

Go to [newham.gov.uk/bridgethegap](http://newham.gov.uk/bridgethegap) or [royalgreenwich.gov.uk/bridgethegap](http://royalgreenwich.gov.uk/bridgethegap) to back the campaign.

Or go to [consultations.tfl.gov.uk/rivercrossings/consultation](http://consultations.tfl.gov.uk/rivercrossings/consultation) to see the consultation which is running until February 1.

## Worry over new tunnel congestion

A PROPOSAL to take pressure off the Blackwall tunnel with a second road route under the Thames at Silvertown has come in for criticism.

Transport for London said: "The existing vehicle crossings – the Blackwall Tunnel, Rotherhithe Tunnel and the Woolwich Ferry – are already under strain."

"We need to put in place more ways to cross the river so that people and goods traffic can move efficiently."

But protesters have launched a petition saying that a tunnel would create more pollution and congestion.

The petition says: "Encouraging more traffic to use the A102 and A2 will be counter-productive and will, in the long term, do nothing to reduce congestion."

Gill Crawford, of Greenwich, said: "Air pollution at ground level on the Peninsula (and in Greenwich itself) is bad enough – I had to move up the hill before my catarrh (nonexistent before I moved to Greenwich) finally disappeared. And encouraging bottlenecks at Kidbrooke and Eltham is mad. This entire scheme makes no sense."

Anthoula Nolan said: "I live on the Greenwich peninsula. The area cannot even deal with Blackwall tunnel traffic and traffic to the O2. Adding another tunnel here is a ridiculous proposal."

■ What do you think? Email your views to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk)

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# The Week In Brief

Jan 3-10 • Round-up of other news from the last 7 days

## Tube gets a licking

### CANARY WHARF

The stunning Tube entrance at Canary Wharf is among the scenes included in a range of new stamps. Royal Mail's 2013 Special Stamp Programme, an annual initiative aimed at showcasing the best of British, kicks off with a series celebrating 150 years of London Underground.

As well as historic images such as the Metropolitan Railway opening in 1863, more contemporary scenes are immortalised, such as that of the Norman Foster designed Canary Wharf Underground Station when it opened in 1999.

The Underground stamps come as a set of six.

London Mayor Boris Johnson said: "London



Underground was the first transport system of its kind, embodying the engineering ingenuity of our Victorian forefathers.

"These stamps are a fitting celebration of London Underground's rich heritage and its iconic place in our city's life."

**Photo story**

## Police name man found hanging at playground

**CANNING TOWN** Police have named a man who was found dead in a park near Custom House as Dean Moriarty.

The 42-year-old from Harpley Square in Whitechapel was discovered last Wednesday morning. He was found hanging from climbing equipment in a children's play area.

He was pronounced dead by paramedics who were called to the scene at Canning Town Recreation Ground in Freemasons Road at around 8.30am.

Police are not treating the death as suspicious but investigations continue.

## Resident pulled from burning flat by rescuers

**GREENWICH** A man was rescued from a burning flat and taken to hospital after suffering injuries.

A team of 10 firefighters from Lewisham and Greenwich stations were called to the blaze on Blissett Street, on Sunday morning.

The man, who has not been named, was pulled from the flames and taken to hospital by the London Ambulance Service, where he was treated for smoke inhalation and burns.

A small part of the ground-floor property was damaged and crews managed to control the fire by 11.46am.

## Wharfers get back into the swing of winter

**CANARY WHARF** Wharfers took the opportunity to banish the January blues while creating a winter wonderland during this week's commute.

With a little help from a giant set of six swings, set up by bottled water company Evian outside Canary Wharf Tube station, workers could re-live their youth by enjoying a swinging session on the eye-catching equipment.

And with every swing, a flurry of snowflakes were created, providing a little sparkle to dark mornings and nights.

## Track moved to create space for tunnel works

**DOCKLANDS** Engineering work to relocate a section of DLR track near to the Excel in preparation for the arrival of Crossrail was completed over Christmas.

A 200-strong team worked around the clock for three days to renew and realign 420m of twin tracks creating space for trains to travel from the surface railway into a tunnelled section.

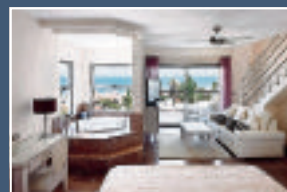
Crossrail's Bill Tucker said: "The completion of this DLR track work paves the way for construction of Victoria Dock Portal to begin, a key part of the Crossrail route in east London."

## Round-the-world yacht takes a breather in dock

**WAPPING** A yacht soon to embark on a race around the world will be on display at St Katharine Docks this week.

Due to arrive tomorrow (Friday), the first Clipper 70 will sit pride of place in the docks until January 20, with visitors able to see the vessel and learn more about the Clipper Round the World Yacht Race upon which it will set sail this summer.

The 70ft ocean racer has been designed by Tony Castro to cope with the demands of the 11-month challenge, which will see its crew compete in 15 races and cover 40,000 miles.



## Travel

Honeymooning in Mexican luxury

**PLUS**

**Food** Canary Wharf without the calories

STILL TO COME



**Les Mis:**  
Our view  
of the  
hit film

**PLUS**

How Lego  
builds a  
strong  
base

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# Health

## FITNESS

### Top classes to try out

East London

**W**hy not liven up your January fitness regime with an exercise class, allowing you to burn off the calories while having fun?

■ **Greenwich Runners Beginners Class, Greenwich Park**  
Enjoy the beautiful surroundings of Greenwich Park as part of a running club which will help you to complete a 5k run in just six weeks.

Every Saturday, 9.30am -10.30am, from January 12, £7 each or £30 for the course. Participants meet at St Mary's Gate.

Go to [greenwichpilates.co.uk/](http://greenwichpilates.co.uk/)  
[GreenwichRunners.aspx](http://GreenwichRunners.aspx)

■ **Latino Vibes at Reebok Sports Club, Canada Square**

Dance yourself fit to sounds of a Latino rhythm in a new 45-minute session filled with energy and fun.

Members can attend every Friday, between 5.45pm and 6.30pm, with Alvaro in Studio C. Go to [reebokclub.co.uk](http://reebokclub.co.uk) for bookings and information.

■ **East London Pilates Club**

With classes across E14, there's no excuse not to give Pilates a go.

Kelly and her team of instructors started the business seven years ago and now provide a total of 12 weekly sessions, attracting about 150 members.

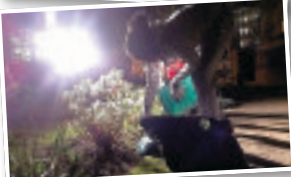
Go to [eastlondonpilates.co.uk](http://eastlondonpilates.co.uk) for times and information.

■ **Om Tribe Yoga Studio**

Promising physical strength, mental focus and inner calm, this brand of yoga has now arrived in Canary Wharf.

The team, based in Cannon Drive, offer classes in hot power yoga as well as Jivamukti and Vinyasa Flow for all ages and abilities.

There is a special offer of three weeks of power yoga for £30. Go to [omtribeyoga.com](http://omtribeyoga.com) for further information.



Top, British Military Fitness  
Middle, Good Run Group  
Bottom, Om Tribe Yoga

■ **Good Run Group**

Get fit and achieve your personal training goal while helping others in the process, by signing up for this initiative.

A group of runners set off from Reebok Sports Club in Canada Square every Tuesday evening, for an hour-long session running to different locations in east London to help projects or people in need. Meet at the club's reception at 6.30pm.

Go to [goodgym.org](http://goodgym.org) for more information.

■ **British Military Fitness**

If you desire a hardcore workout, look no further than these instructors.

Sessions in Canary Wharf are led by Carl Baker on Tuesdays and Wednesdays, each lasting 45 minutes.

Meet at the BMF van on Westferry Road. Go to [britmilfit.com](http://britmilfit.com) for more details.

**Beth Allcock**

# It's time to get

After the festive splurge, January is the time to sign up for a class, pep up your metabolism and work that core, writes **Beth Allcock**

## REVIEW

### Alan Herdman Pilates

Reebok Sports Club

**O**ne glimpse of the complex contraptions and mirrored walls that adorn Alan Herdman's Pilates studio in Reebok Sports Club might be enough to send you scurrying back to your desk in a mild panic.

But for Wharfers, who spend hour upon hour crouched in front of a computer, the remedy contained within is perfect for a crooked posture.

So I plucked up the courage to step into the calm of Alan's studio, for a six-session course.

All his classes are either one-to-one or as part of a group of four, allowing his expert instructors to talk through and demonstrate every exercise in a programme tailored to individual needs.

Before all of that is the tough part – the initial assessment. Not tricky in a physical sense – it's a discussion and visual analysis – but having your posture investigated by Pilates expert Alan, a figure in the industry for more than 30 years, will highlight your flaws.

For me, it was an imbalance on my left-hand-side, with a weak leg that could be painful when running, poor upper spine muscles and crouched shoulders and chest. Plenty to work on, then.

With regular Wednesday evening sessions, each lasting one hour, I managed to strengthen my core,

develop my muscles and start to correct my posture. It was enjoyable and relaxing too.

The initial exercises focus on isolating your stomach muscles through breathing, drawing your centre downwards, imagining it being pulled towards the floor.



Alan helps a Wharfer perform an exercise at his Canada Square studio

These were repeated with slight adaptations, for instance putting a ball between my knees, or extending a leg and opposite hand while exhaling.

It took me a couple of sessions to get the hang of the breathing technique, but once you're in the zone, it's simple.

The exercises made sense too – each

was explained and demonstrated by the instructor until I felt confident using the trapeze and reformer machines on my own.

As the sessions progressed, there was a focus on stretching my leg muscles on the reformer, using both the bottom bar and the ropes with foot-straps to ensure a full workout.

Light dumbbells were also added to circular arm routines to build strength.

By the end of the six sessions, I could see and feel the difference.

My leg muscles felt strong and balanced, I'd had no pain while running and I was more conscious of both my breathing and posture while out and about.

Although you don't get red-faced and breathless as with some other fitness classes, this was equally as beneficial, if not more so, with a programme you could partially recreate in the comfort of your own home.

It opened my eyes to the importance of honing my muscles and core strength as part of a linked approach to exercise and I'll be returning for more as part of my New Year regime.

■ Both Reebok Sports Club members and non-members can book classes.

■ In January and February, beginners can buy their first session (from £45) and get a second free.

Go to [alanherdmanpilates.co.uk](http://alanherdmanpilates.co.uk)

**Beth Allcock**

## Our verdict

**No sweat but you'll feel the difference after six sessions**

★★★★★

## TOP tips



■ **Don't be disheartened: New Year's resolutions slipped already? You can still achieve whatever goal you set yourself. Remember, a resolution isn't a test of willpower, it's just a promise to yourself.**



## Get the look: Tom Cruise

**H**e may have hit 50, but that doesn't stop the star of *Jack Reacher* eating clean and training for hours.

**How he does it:** Tom is no stranger to the gym – or dance floor, for that matter (for *Rock Of Ages*, he spent three hours a day training to dance).

The actor will often train for hours whether to create a six-pack quickly, or learn a martial art so that he can pass as a pro.

**You can too:** Tom is a great example of what can be achieved with a lot of hard work in the gym. But let's not forget the clean eating.

So why is this so important and what does it involve? There's an old bodybuilding saying: "Great abs are made in the kitchen, not in the gym," which pretty much sums it

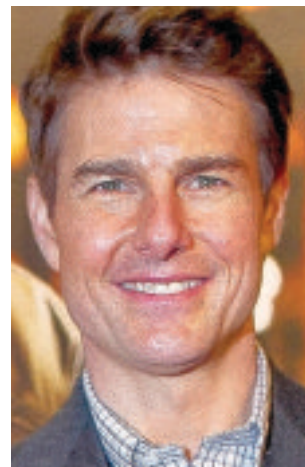
up. Even if you were to train every day, if you don't watch what you eat all those hard worked muscles will remain concealed under a layer (or two) of fat.

Tom is known to avoid junk food and eats plenty of lean meat, fresh veg and oatmeal-based breakfasts.

While most of us don't really need to eat as cleanly as Tom 24/7 just to tackle the January jiggle, striving to eat lean, fresh food in not too large portions is a good first step.

Make sure you also restrict the amount of fatty, sugary and salty snacks going into your body and make do with the odd treat.

That should help to get you looking and feeling tip-top for the year ahead in double quick time, especially if you hit the gym too.



## Q&A

**My hips appear so much bigger than the rest of me. How can I make my hips slimmer?**

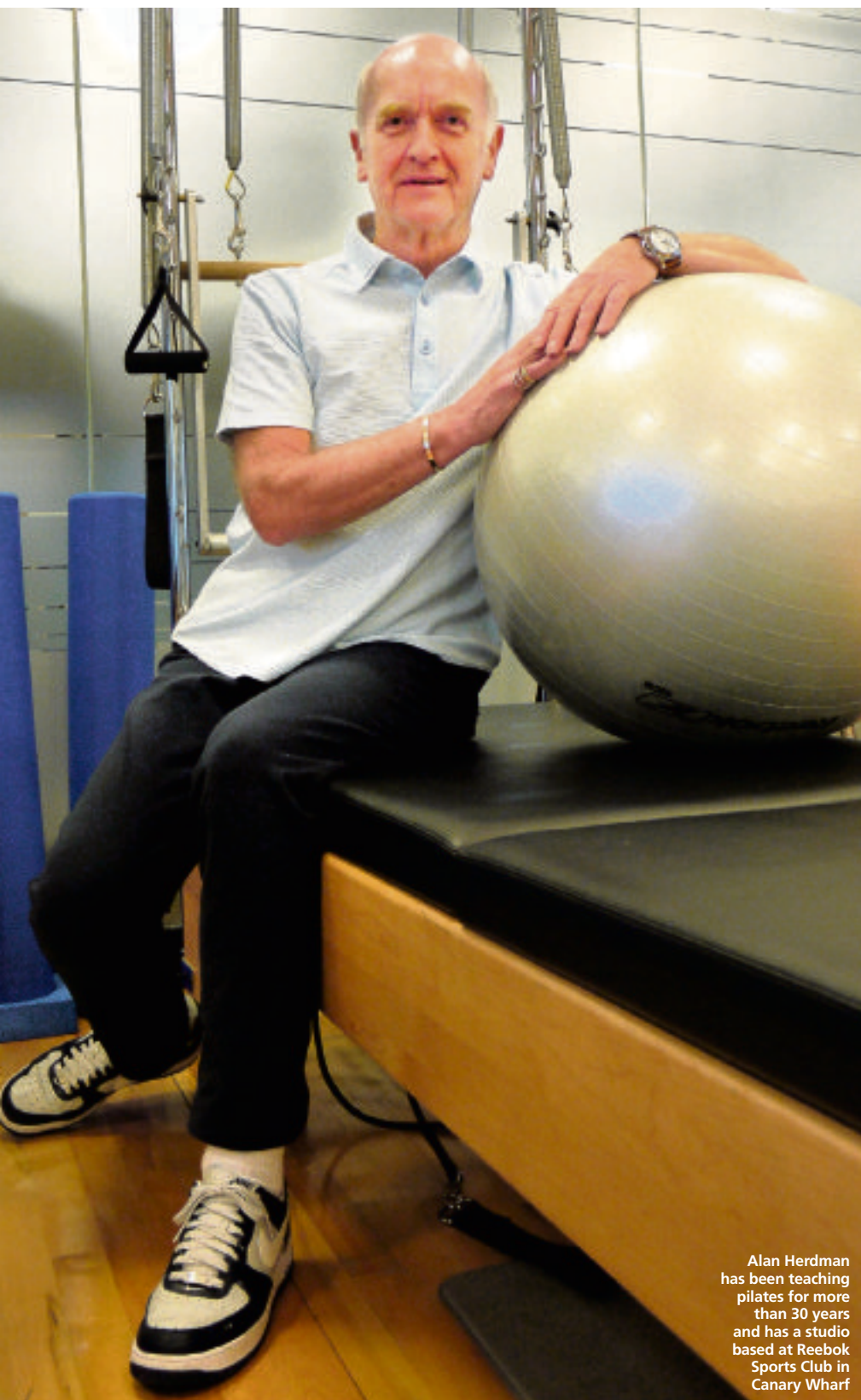
Alas, there is no magic way to melt hip fat (or any other kind of body fat).

Eating less and doing more cardiovascular exercise is the closest thing you'll get to a quick-fix for whittling away your hips. You could try working your hip abductor muscles to create definition in that area – this will almost certainly improve the appearance of your hips.

Google moves such as the skater squat, single leg bridge and single leg squat to tone the hips. You could also try working your upper back and shoulders.



# back in shape



DOUGLAS BRYDE

Alan Herdman has been teaching pilates for more than 30 years and has a studio based at Reebok Sports Club in Canary Wharf



Nutritionist Ruth Tongue says crash dieting should be avoided

## Detox and kick-start

### NUTRITION

#### Tips to get you on track

Ruth Tongue

**G**reenwich-based nutritionist Ruth Tongue is on-hand to offer expert advice on kick-starting your January detox and getting the best results from your diet and exercise regime.

#### DETOX YOUR DIET

"The average person gains around five pounds in the four weeks over Christmas and this is often followed by a crash diet lasting about one week in January," said Ruth.

"Crash dieting typically involves cutting out major food groups and surviving on far too few calories to make it sustainable."

#### Ruth's tips for action:

- Fill your shopping basket with unrefined, nutrient-rich foods and pay attention to the balance of carbs, protein and good fats.
- Divide your plate into thirds – one portion of unrefined carbohydrates (sweet potato, quinoa, wholemeal spaghetti), one portion of lean protein (in the form of beans, fish or poultry) and a third of antioxidant-rich vegetables (such as broccoli, red pepper and kale).

#### PEP UP YOUR LIVER

"Get your liver back in order – too much alcohol in combination with lots of rich food places a huge strain on your liver," said Ruth.

#### Ruth's tips for action:

- Bin the booze.
- Cleanse your liver of toxins by incorporating cruciferous veggies like cauliflower, broccoli and cabbage.

■ A mug of green tea can be helpful in breaking down the amount of fat stored in the liver.

■ Bitter salad leaves like rocket, endive and chicory can boost bile production, helping to remove toxins and fat.

■ Include an avocado in your salad.

#### BOOST YOUR METABOLISM

The calories you use during the day to keep your body functioning is your metabolic rate, which can be enhanced by the following.

#### Ruth's tips for action:

- Make time for breakfast – it is the best way to kick-start your body into burning calories. Choose a protein-rich meal like poached eggs on rye toast or porridge with linseed, almonds and cinnamon.
- Exercise. Muscle naturally uses up more calories than fat, so the more muscle you have, the more energy you burn, even when sitting still.
- Add a dash of chilli and spice – spicy food may help to increase calorie burn.
- Graze don't gorge. Snacking on low GI-carbs like walnuts and fruit can help to speed up metabolism.
- Up your intake of Vitamin B. It's involved in the metabolism of carbohydrates, proteins and fats, from sources including wholegrain, potatoes and beans.

#### ASK FOR ADVICE

Ruth is offering 20 per cent off all one-to-one nutrition and lifestyle consultations throughout January.

A Detox The Healthy Way course will also be held tomorrow (Friday) at Greenwich Pilates Studio, starting at 7pm.

Go to [ruththetongue.co.uk](http://ruththetongue.co.uk) for details.  
**Beth Allcock**



# Travel

## MALAYSIA

In search of an unspoilt paradise, **Kate Hodal** dives into the colourful waters surrounding Tenggol

**T**he minute I topple over the side of the boat in East Malaysia, I know everything has changed forever.

Below me glimmers a shoal of white and turquoise fish feeding on shallow coral. To my left, an angelfish flits around my fins, its electric blue, yellow, purple and orange markings glowing in the early morning light.

While I have good reason to be splashing about in these warm turquoise waters, a hotspot for marine biodiversity, nothing prepares me for what I see next.

Pressing my mask down into the small waves, a bustling aquatic city comes into view. Schools of coral and blue groupers zoom past as leopard-print Andaman sweetlips munch on floating plankton, like a large family sitting down to a communal meal.

A group of Moorish idols – the punk rockers of the fish world with their yellow-black mohicans – window-shop in pairs, gazing at the corals branching out amid the sea ferns.

There are fish courting, eels gliding, reef sharks darting, turtles drifting, and then there's us: a small group of divers from around the world, floating in this scene of staggering beauty.



I've swapped the grey skies of London for a four-day underwater tour of Malaysia's eastern peninsular, a magical land a full day's flight away. If it weren't for my oxygenated mouthpiece, I'd be breathless.

There are more than 20 dive sites around Tenggol, an island roughly 50-hectares in size just off the coast of eastern Malaysia, dotted with thick jungle jutting out into the bright blue sea.

Said to be one of the last unspoilt islands in the region, Tenggol was voted Best Diving in Peninsular Malaysia by Asian Diver Magazine in 2002, with deep-sea and wreck dives some of the most popular.

This is a place where average visibility hovers around 20m and its preponderance of rare species make it one of the most rewarding dives in the country.

Most enthusiasts head to Malaysian sites such as Sipadan or Langkawi, or even to Phuket and Phi Phi in Thailand, but I can't believe there aren't more people here.

Having flown from London to Malaysia's capital, Kuala Lumpur, then taken a quick one-hour flight



## Mermaids, corals and a dazzling sea of life

east to Terengganu, our schedule for our four-day getaway is two dives per day, with a break in-between for a barbecue of grilled fish and squid, fried rice with veggies, and teh tarik, black tea sweetened with condensed milk.

Our divemaster, Richard, kills my pre-dive nerves by reminding me of the basics ("Breathe normally and enjoy yourself") and promises to keep a vigilant eye on me and my "buddy", a Chinese girl who has come to Malaysia for the weekend.

As we're a six-strong bunch of novices and pros, we avoid the wrecks and head instead for coral balconies and popular aquamarine hang-outs.

Each dive is more stunning than the last. At Tokong Timur, a 22m descent along a boulder outcrop, I decide I want to be a mermaid and start doing somersaults.

I'm so happy. There are forests of seaweed interspersed with brain, anemone, whip and honeycomb coral, surrounded by blue-spotted stingrays, humphead parrotfish, giant clams, surgeonfish, barracudas and hawksbill turtles.

"I've never been diving where the only people you see are in your own group," says my dive buddy Lisa as we lunch on grilled squid and local fruits on Tenggol Island.

"I've logged around 150 dives in the



Above, divers enjoy the sights the crystal blue waters off the coast. Left and below, the Anjung Suite at Tanjong Jara Beach Resort, Malaysia

Philippines, Thailand and Indonesia, and you're always competing for space with other divers at the dive sites. To be alone like this is really amazing."

And Richard has been diving all over the world – from shipwrecks in the Red Sea to tourist hotspots such as Phi Phi in Thailand – but chose to live and offer diving courses in Malaysia because he'd never seen anything like it.

"The diversity of coral and vitality of sea life make this place unique – and the fact you can almost guarantee there won't be anyone else in the water apart from you and your group, is almost unheard of," he tells me as we head back to base in the speedboat after a long day at sea.

"When you dive in places like Phi Phi, you'll be diving with six other boats, so you may see more divers than fish."

While it is possible to stay on Tenggol – there are three basic campsites-cum-DIY-huts – I've opted instead for a luxurious cabana at the Tanjong Jara Resort on the mainland.

The gorgeous compound is designed like a 17th-century Malay palace and set right on a powdery white beach lapped by shallow turquoise waves, fringed with shady palms.

The resort offers a range of certifications and courses. After a long day of diving, I look forward to a cocktail by the pool with my boyfriend.

Not a fan of the underwater world, he whiles away the days taking a crash course in Malaysian cuisine,







Marine wildlife fills the clear blue seas near the corals

## TRAVEL FACTS

■ Kate Hodal was a guest of Tanjong Jara Beach Resort, which offers a Diver's Escape package including three nights accommodation, breakfast, two days of diving, and barbecued lunch for each day, starting at MYR 980 (£197) per room per night.

■ Flights to Kuala Lumpur from London are around £790 on Malaysia Airlines.

■ The dive starts again on March 1.

Go to [tanjongjaresort.com](http://tanjongjaresort.com).

long walks in the jungle and longer sessions at the massage table.

He fills me in with the "news" whenever I return: how the hotel staff warned him, once more, not to leave his shoes outside the cabin as "monkeys will steal them", or how delighted he was to see a 5ft-long monitor lizard taking a dip in the pool.

"It's his daily exercise," the pool boy had explained, laughing.



## MEXICO

### Rachel Williams

enjoys 5-star luxury on her honeymoon in sunny Cancun

A tiny, sugar-coated-almond-sized part of me was looking forward to my Mexican honeymoon more than my actual wedding day.

Besides, with a personal concierge and 24-hour room service, the five-star Excellence in Playa Mujeres, Cancun was one wedding plan we did agree on.

Lapped by the Caribbean Sea, it offers the same calibre of soft white sand beaches and bath-warm blue sea as the Maldives or St Lucia, at a snip of the price.

Pulling up at the grand gold-gated entrance, we were handed a glass of champagne before being whisked through the sprawling marble lobby to our private check-in.

We'd upgraded to the Excellence Club and there were plenty of perks including superior toiletries, a private beach and members-only pools.

Still recovering from the 10-hour flight from London Gatwick, on our first night we ordered room service, popped open the champagne and climbed into our Jacuzzi.

The next day, we headed to the main pool. With a swim-up bar, live Spanish or Jamaican bands and plenty of sun loungers, it had a party atmosphere.

That night, our concierge organised a dinner for us on the beach. Fairy lights decorated the palm trees and the waves lapped a few feet in front of us. Just when we thought it couldn't get any more romantic, a saxophone player emerged from the darkness and serenaded us.

The Excellence offers flavours from around the world. Our favourite was the French restaurant. Rose petals were scattered on the table and at the end of our melt-in-the-mouth steak dinner our waiter presented us with the gooiest chocolate fudge cake we'd ever tasted.

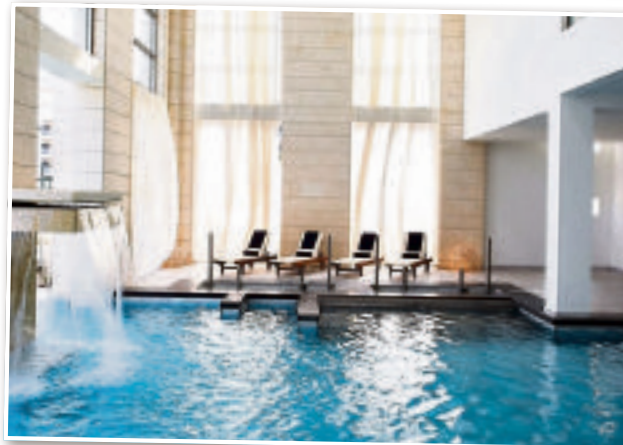
After four nights, we checked into the family-friendly Beloved Hotel next door. The three-year-old resort has 109 rooms, every one catering for a family of five.

There's a golf course next door which offers reduced rates for guests and a marina on the front doorstep for fun tours.

After the merriment at the Excellence, the silent surroundings at the Beloved felt like a welcome detox. And what better way to make your body feel like a temple than with a visit to the spa?



Playa Mujeres in Cancun



# The lap of luxury in Mexican waves

## TRAVEL FACTS

■ Rachel Williams was a guest of Sovereign Luxury Travel, which offers seven nights at the Excellence Playa Mujeres, Mexico from £1,539pp on an all-inclusive basis, departing on March 19, 2013. Price includes return flights from London Gatwick and private transfers. (Includes a 20 per cent discount).

■ Sovereign also offers seven nights at The Beloved Hotel, Mexico from £1,625pp, departing on March 4, 2013.

■ Price includes return flights from London Gatwick and private transfers. (Includes a 40 per cent discount). Call 0844 415 1936 or go to [sovereign.com](http://sovereign.com).

Designed like modern Roman baths, there are towering columns, framing the cloudless sky.

During the neck and head massage it was difficult to stay awake. But the sound of a champagne cork popping brought me back to reality.

Now our skin was glowing, we decided to have a big night out in Cancun city.

By day, it's great for shopping and water sports. At night, the bright lights sparkle and the place really comes alive.

We escaped from it all, on board the Columbus Lobster Dinner Cruise.

The Spanish galleon set sail as the sun was going down, before a dinner of succulent steak and meaty lobster was served.

By the end of the night it was hard to resist getting up on the deck and swaying to the soft live sax under the stars.

Back on dry land at the Beloved, it was time to pack.

Here, you don't feel naughty emptying the contents of the free refreshments into your suitcase – you're allowed to take the premium-brand bottles home with you.

Tucking into our final meal at the fine-dining Lupita, one of four restaurants at the Beloved, we managed to agree on something else.

That, like all the couples we'd met during our stay in Cancun, we would go back for our first anniversary too.

## COMING SOON

the **Wharf**  
TRAVEL CLUB



## IN ASSOCIATION WITH

YOUR  
**holiday**  
BOOKING.COM







# Food

## Rising to the challenge of the 600 calorie lunch



### FACTFILE

- Source: Pret a Manger
- Price: £3.25
- Contents: Classic Super Club sandwich (malted wholegrain bread, sliced British chicken breast, beech-smoked bacon, freshly sliced tomatoes, salad leaves, free-range mayo, seasoning)
- Calorie count: 510 – if you're a man, there are enough calories left for a pack of Pret Tropical Fruit Sticks (78kcal) or a Flat White coffee (75kcal). Sadly, if you're a woman, you're 10 calories over the limit.

■ **How it looks:** One for the carnivores, Pret's Classic Super Club has a generous filling of chicken, bacon and mayonnaise, with just enough salad leaves for it to look like a healthy option. Perhaps a bit on the weedy side to last an entire day though – whoever heard of a club sandwich with only two slices of bread?

### Our verdict

Consuming this monstrosity was a battle. Limp lettuce, damp bread and weak tomatoes do not deliver a satisfying feed for a whole day. It gets the second star for a big bacon flavour

★★☆☆☆

Intermittent fasting will be the big diet craze of 2013. **Sarah Graham** finds something to eat

**T**he *Fast Diet*, published this week by BBC journalist Dr Michael Mosley, promotes a regime that allows dieters to eat as much as they like – but not every day.

The weight loss programme, during which dieters eat normally on five days each week, draws on medical research into the benefits of intermittent fasting.

On the other two non-consecutive days, dieters restrict their intake to 600 calories for men, and 500 for women.

These calories can be consumed all at once or spread throughout the day. There is no evidence to suggest which method is more effective.

On the five "feeding days" dieters can eat as much as they like but, according to Dr Mosley, most find they are happy with around 2,000 calories – the recommended daily intake for women – instead of gorging themselves silly.

With the aim of translating Dr Mosley's ideas into practical lunches in the notoriously calorie-heavy malls of Canary Wharf, I went shopping for three different meals under 600 calories for those on a fast day.

■ *The Fast Diet: The Secret Of Intermittent Fasting – Lose Weight, Stay Healthy, Live Longer* by Dr Michael Mosley and Mimi Spencer is published by Short Books, priced £7.99.

### FACTFILE

- Source: Boots
- Price: £1.60
- Contents: Simply Cheese and Tomato Pasta Salad (pasta, cheese, tomato sauce)
- Calorie count: 517 calories – too high for women dieters, but men could add a 330ml can of Schweppes lemonade (60).

■ **How it looks:** Boots' thrifty pasta salad option is the cheapest and the most calorific of the three fast-day lunches. The sauce looks tasty enough, with small chunks of tomato and even smaller chunks of cheese, but the 300g tub looks too small to be satisfying on its own.



### Our verdict

This from Boots is cheap and tasty. Just cheese and tomato, plus pasta of course, and those are the flavours you get (plus a nice carbo-hit).

★★★★☆



### FACTFILE

- Source: Crush
- Price: £3.35
- Contents: Sweet potato and falafel salad wrap (sweet potato, falafel, watercress hoummus, cucumber, red pepper, alfalfa and lettuce on a multigrain wrap)
- Calorie count: 448 calories – men could add a Crush Detox Healthpot (104 calories), while women could add a medium apple (45).

■ **How it looks:** This vegan-friendly wrap for health food fans is the kind of unexciting lunch you can imagine washing down with copious amounts of green tea or one of Crush's detoxing Super Smoothies.

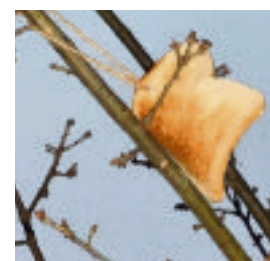
### Our verdict

Tasty and filling with a good ratio of soft to crunchy, just a little high on the calories.

★★★★☆

### BRUNEL MUSEUM

#### Toast the new year with bread



★ The Brunel Museum will host a Wassaing ceremony in its roof garden on January 19.

The traditional celebration promises a warm fire, toast and copious amounts of mulled apple cocktails (and non-alcoholic alternatives) as part of an ancient ceremony to bless the fruit trees.

Advanced booking is essential and the £5 ticket includes a free cocktail.

For more information go to [wegottickets.com/brunelmuseum](http://wegottickets.com/brunelmuseum).

### GIRAFFE

#### Free meals for young readers

★ Families in Blackheath can enjoy food with fiction during this year's National Storytelling Week.

From January 28-February 1, Giraffe will be offering free kids' meals before 5pm to young diners who bring in their books to read at the dinner table.

There will also be books and Giraffe vouchers to be won and Barefoot Books is offering 25 per cent off books, games, puppets and puzzles bought online when you enter "giraffe" at the checkout.

For more information go to [giraffe.net.orbarefootbooks.com](http://giraffe.net.orbarefootbooks.com).

### WILDWOOD

#### Pizza place is offering freebies

★ Enjoy a free course when you buy a main at Wildwood this month.

The Canary Wharf restaurant is offering diners a pizza, pasta or burger dish on the house when one main course is purchased.

Valid from Monday to Thursday from 2pm and all day Saturday and Sunday. Download the voucher at [wildwoodrestaurants.co.uk](http://wildwoodrestaurants.co.uk).

### IBERICA

#### Slurp premium fizz on the Wharf

★ Spend an evening sipping the very best in Spanish Cava at Iberica Canary Wharf.

Sommelier Bruno Murciano will lead the session on January 16, starting at 6pm.

Classes are free but places are limited.

Email [elisa@ibericalondon.co.uk](mailto:elisa@ibericalondon.co.uk) to book your place.



# What's On

MORE  
REVIEWS  
ONLINE  
wharf.co.uk

## Spotlight

London theatre



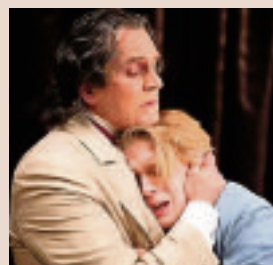
### Pinter at theatre named after him

KRISTIN Scott Thomas, Rufus Sewell and Lia Williams star in Harold Pinter's enigmatic 1971 play *Old Times*.

It is the first of the playwright's plays to feature at the theatre that bears his name.

Locked away in a secluded farmhouse, Kate, Deeley and Anna reminisce about their early days together in London but, with conflicting memories and underlying sexual tensions, the past feels vividly present.

*Harold Pinter Theatre, until April 6, oldtimetheplay.com.*



### Rupert revives winning Oscar

TRANSFERRING from Hampstead Theatre, Rupert Everett recreates his depiction of Oscar Wilde in David Hare's *Judas Kiss* about the power of all-consuming love and the power of betrayal.

Forced to make a choice between his lover, Lord Alfred Douglas (Freddie Fox) and his freedom, the romantic playwright and genius embarks on a course towards self-destruction.

*Duke of York's, until April 6, atgtickets.com.*



### Steinham puts on music show

YOUNG Playwright Polly Steinham returns to the Royal Court with *No Quarter*, a study of Robin, who rejects the world and seeks solace in the family home and in music.

*Royal Court, until Feb 9, royalcourttheatre.com.*

# Ultimate musical returns to stage roots, on screen

## SCREEN Les Miserables

(12A) 157mins

**H**ere's something delightful – the reverse jukebox musical. Elsewhere songs (from Abba, Spice Girls *et al*) have had to generate a narrative on which to hang their scattergun ditties.

Here, a selection of memorable melodies finds a comfortable home alongside a cohesive narrative. Almost like it was planned.

So ubiquitous are the classics (*I Dreamed A Dream*, *Bring Him Home*, *One More Day* etc) they have become divorced from their original purpose. Suddenly, set anew against a stunning, stagy backdrop (including another star turn by Greenwich) they make sense all over again.

The result is a wonder – not without flaws – and a trauma, requiring the best bulldog spirit to stem the tears.

I am so biased in favour of *Les Mis* that a film adaptation of the much-cherished musical was set against a phalanx of prejudices.

The experience is akin to seeing your first love, who sings in the bath, appear on *The X-Factor* – same music, same intimacy but in a grander setting. In public. Familiar yet out of context.

But all the headline stars give strong vocal performances. Hugh Jackman as tormented Jean Valjean, on the run from policeman Javert (Russell Crowe); Amanda Seyfried as Cosette, Valjean's adopted daughter; Samantha Barks as love-lorn Eponine.

Top of the list though are Anne Hathaway as Fantine and Eddie Redmayne, who is a revelation as revolutionary romancer Marius.

## SCREEN Gangster Squad

(12) 113mins



Ruthless mob king Mickey Cohen (Sean Penn) runs the show, reaping the ill-gotten gains from the drugs, the guns, the prostitutes and – if he has his way – every wire bet placed west of Chicago.

It's enough to intimidate even the bravest, street-hardened cop – except, perhaps, for the small, secret crew of LAPD outsiders led by Sgt John O'Mara (Josh Brolin) and Jerry Wooters (Ryan Gosling).

Colourful and stylish tale from director Ruben Fleischer

★★★★☆



Anne Hathaway breaks hearts as the downtrodden Fantine



Hugh Jackman as Jean Valjean

## SCREEN May I Kill U?

(15) 88mins



A head injury changes Baz (Kevin Bishop) from police officer into a mad vigilante, offering no-hope criminals a stark choice, arrest or death.

Criminals are politely asked, "May I kill you?" and merrily dispatched on their final journey. All these exchanges are recorded on Baz' helmet-cam and posted on social networks.

But, in a sudden reversal, Baz is captured by an enraged relative of one of his presumed "kills" and faces slaughter or even worse... exposure.

★★★★☆

## Win Tickets to see Les Miserables

P60

Hathaway's *I Dreamed A Dream* steals the show (the camera stays with her for every heartbreaking second till it's unbearable) while Redmayne's *Empty Chairs At Empty Tables* is viscerally raw.

The much-heralded pairing of Helena Bonham Carter and Sacha Baron Cohen as the light-fingered inn-keepers are much the most disappointing of the entertainers.

They touch on the weakness of an otherwise diligent production by director Tom Hooper – that is, lack of nuance and range.

Pathos is there in bucketloads but comedy and – more essentially – fury are missing. There is plenty of anger in the story – anger at God, circumstance, fate and power. But that section of the palette has been cauterised, the edge blunted.

Where is Colm Wilkinson (the West End's first and best Valjean) when you need him? Oh yes, he plays the Bishop. Nice touch.

Hooper handles the action well and the visuals are superb – degradation hasn't looked this good since Dickens with Caravaggio in charge of the baroque set design and lighting but this falls just short of being a classic.

But I'll wager this movie will be a DVD blockbuster. Its length precludes too many viewings but as a soundtrack with visuals, it is unsurpassed.

Giles Broadbent

### Our verdict

The finest pop opera video ever committed to celluloid

★★★★★

## BOOK



### Back To Blood Tom Wolfe (Jonathan Cape) ★★★★☆

For those unfamiliar with Tom Wolfe's work, brace yourself for pages that have continually come under attack from the caps lock, colon and italics keys.

Serving to add life, pace and occasionally to put a brake on proceedings, the enthusiastic punctuation, coupled with the American author's confident style, is a combination which draws the reader deep into his latest Miami-based tale.

Strictly speaking, it's a combination of tales, depicting varying aspects of life in Florida, all underpinned by the theme of division.

There's Cuban Nestor Camacho, a likeable police officer whose line of duty causes divisions with his Hialeah family. There's all-American journalist John Smith; sex addiction psychiatrist Dr Norman Lewis's social outings with a rich client, alongside Latina girlfriend Magdalena, a Cuban police chief and more besides.

Such character construction is excellent, the plotlines intriguing and the lively changes between stories proves an easy way of digesting what is a very chunky hardback.

Beth Allcock

## DVD



### Take This Waltz (15) 111mins ★★★★☆

Freelance writer Margot (Michelle Williams) meets Daniel (Luke Kirby) on assignment and they enjoy a mild flirtation, which turns to acute embarrassment when Margot discovers Daniel is a neighbour back home.

Marital malaise with chef husband Lou (Seth Rogen) sparks potential adultery, played out as a series of charged encounters.

*Take This Waltz* is an intelligent and moving portrait of a marriage in crisis, told from the perspective of a wife faced with the temptation of an extramarital affair. Writer-director Sarah Polley builds tension gradually as Margot ricochets between her loveable oaf spouse and alluring admirer.

Damon Smith



# Comment

## Not all snarling, vile dinosaurs are dead and buried

I really cannot believe how ghastly some people can be. For one of Master A's fifth birthday presents, I bought tickets to see *Walking With Dinosaurs* at The O2 for the closing show on Sunday.

On the journey to the venue, Master A was babbling excitedly, convinced he was about to encounter "real life" dinosaurs.

(It always astounds me at how real everything in the world is to him from Batman and Moshi Monsters to dragons and Wee Willie Winkie.)

Armed with our glossy programme and flashing dinosaur tooth (I'm a sucker

for merchandising) we waited patiently to get through security.

Everyone was chattering with excitement; the buzz was electric. This was a family event: mums, dads and grandparents all happy to be there to be part of this marvellous show with their offspring.

That is aside from the woman in front of me. Without warning, she span round and launched a torrent of vile abuse at Master A, the basis of which was accusing him of knocking into her.

I didn't see whether he brushed

### WORKING MUM



TABITHA RONSON

against her or not. I would normally apologise but on this occasion because the language this woman was using was straight out of the gutter, utter filth, I was not inclined too.

My hackles raised, I challenged her. How dare she use such vile words in front of my five-year-old son.

She didn't let it rest, continuing to swear like some old navvy, accusing me of being "dragged up" for not apologising and snarling at Master A.

Utterly terrified, Master A clung to me, whimpering.

I'm not normally one to back down but on this occasion my son's welfare was at stake so despite the fact we were almost at the front of the queue, I moved away and joined the end of another row.

My friends had warned me against taking Master A to see *Walking With Dinosaurs* fearful he would be too frightened by the lifelike animatronics.

Compared to his real life encounter with a ferocious, vicious monster, the show was actually quite tame. *Working Mum, detesting the fact Master A walks in a world with such horrid beings.*

## POLITICAL NOTES & VIEWS

By Jim Fitzpatrick

### The genuine architects of 2012 legacy



On Monday I'll be attending Millwall Rugby Football Club's Rugby Force launch event. The national initiative, sponsored by the Royal Bank of Scotland, helps the grassroots of the game to improve their facilities and make their business more sustainable.

Millwall RFC certainly deserves to be the centre of attention. The club has become

a local sporting institution with a range of inclusive sport on offer for the whole community.

It is a great example of what local people, grounds and teams can achieve. Millwall RFC will join longer established successful sports clubs like Millwall Albion FC, Poplar Bowls and, of course, West Ham United.

Last year we had the Olympics and this year we have the legacy. What Millwall has done is what the legacy means to me – grassroots sport, great facilities, inclusiveness and an opportunity to go all the way to the top.

The club isn't alone. Whatever the sport there is plenty of opportunities for people show their talent, dedications and ambition. Let's make 2013 a year of grassroots sport in the East End.



MP for Poplar and Limehouse

### TOYS

## Building the foundations

My most warmly received present was the simplest – although not the simplest to obtain: Lego

Not Hobbit Lego, or Star Wars Lego, or Ariel's Magical Boat Ride Lego or Arctic Batman vs Mr Freeze Lego but a big box of Lego, which could have made any of the above and a 1,001 other toys, shapes, buildings, weapons, pets, asteroids, earwigs and/or thingamajigs.

Not that the Danish brick maker is impressed with its old-school iteration. I finally found this box of bricks at the back of the Lego store at Westfield Stratford City, tucked away in the corner, behind the counter. The branded, one-use-only models dominated the floor space.

As my young recipient made skateboards, guns, spaceships, houses, helicopters, stellar stairways and shape-shifters from the array of bricks, my faith in the ingenuity of children was restored and a hobby horse of mine was saddled anew.

Too many toys prescribe the parameters of their play.

You buy Star Wars Lego you're following someone else's narrative.

Way back, I thought computer games were the answer to my dreams for they created landscapes and characters and stories that I could only conjure in my mind. My dastardly foes would think



However, clever computer games still foist a narrative on the player

### SPIRAL NOTEBOOK

By Giles Broadbent

independently of me, rather than follow my command.

But I was quickly bored. However, dazzling the choices, the guide rails of the auteurs were in place and there was no way I could break free.

Watching the little boy eschewing branded cars for a self-made lumpy Lego Chuggabug was a reminder that just because there is a patina of magic upon everything, that's no reason to treat it like dust.

### TIME

## A brief history of breakfast

I learnt another valuable lesson from my tiny lodger. A science lesson, as it happens.

String theory suggests there are a multitude of other dimensions wrapped up in our usual three.

Tough to visualise. But I had a eureka moment one morning as we plotted to get up, have breakfast and leave the house promptly.

This is a linear act for a single adult. With children around, there is a plethora of new dimensions – post-getting-up-pre-breakfast; post-breakfast-pre-getting-ready; post-getting-ready-pre-going-out and so on – vast spans of time curled up invisibly in my slick 30-minute get-up-and-go routine.

## Listmania Top movies of 2013

The Oscar rush is creating a glut of strong movies in the early months of the new year. But what else is on the slate?

1



**The Great Gatsby** May • F Scott Fitzgerald's tale of dreams turned sour

2



**Only God Forgives** May • Crime thriller reunites *Drive*'s star and director

3



**The Wolf of Wall Street** TBC • Martin Scorsese's biopic of a Mafia stockbroker

4



**Man Of Steel** June • Superman reboot. Also look out for Iron Man 3 and Thor 2

5



**Star Trek Into Darkness** May • Benedict Cumberbatch takes on the Enterprise

## Tomorrow

...the smashing begins anew

### Large Hadron Collider

The LHC at Cern has had spectacular results crashing together identical types of particles. Later this month though it begins a new experiment smashing protons into lead ions – with different masses and charges.

Scientists hope to learn more about the quark-gluon plasma, a hot soup of particles thought to make up the early universe.

But then, when the experiments have finished in mid-February, the collider will be shut down for upgrades likely to last into 2014.



## Today

App Of The Week



### Shop Scan Save

This new app delivers money-off vouchers straight into your smartphone, and it'll work at more than 24,500 outlets nationwide. You could save up to £250 a year on your grocery shopping – very smart indeed. Free on iTunes and Google Play

## Yesterday

By Wharfinger

### Marshalsea Prison

The most famous inhabitant of the private Marshalsea prison sited on the South Bank from the 14th century to 1842 was probably John Dickens. His debts put him behind locked doors and his son was forced to work in a blacking factory from a young age, an experience that scarred Charles and which was a frequent theme in his novels.

But debtors were not the only inmates. It housed men under court martial for crimes at sea, political figures and troublesome intellectuals.





# Business

**Your Money**

Putting tech in mix will keep capital competitive

## TECH

**Rob.Virtue**  
@wharf.co.uk

CANARY Wharf Group's initiative to bring hi-tech start-ups and big finance together will make the capital competitive in the cut-throat digital revolution, says Jannick Malling, CEO of online trading platform Tradable.

The tech wizard is no stranger to these parts having worked at Saxo Bank in Canary Wharf until 2008.

He said "If you asked a decade ago if New York could compete with Silicon Valley you would have said 'no'. But that's changing.

"Technology moves fast. You see good things coming from Dublin and Singapore. Next it will be Rio. But areas such as New York and London will always be strong.

"It's happening here. The next step is to create accelerator programmes – big companies saying to small companies 'we want to do something, can you help?'"



Jannick Malling, CEO of Tradable

Building solutions for the multi-nationals is really what has brought Jannick back to Canary Wharf.

Recently he was here to complete a deal with Citi that allows Tradable's users to deal with the bank as a liquidity partner.

Tradable itself makes money from transactions and by selling apps to build bespoke trading platforms.

The firm, which started up a year and a half ago and began operating online at the back-end of 2012, is used by currency traders through brokers and financial institutions.

"Our company was working on a host of products but I said I wanted to focus on this full-time," he said.

"The retail currency market has grown a lot in the past decade and you're no longer dealing with your typical trader. There are all sorts, from once-a-day traders to hundreds of times a day.

"They all want their systems to look different and have different packages. We put that in place.

"We tried to do it on different platforms but we soon realised in order to do something so different we would have to start it from scratch."

## Family law solicitors open office in Wharf

### LAW

Bankers increasingly turning to law for pre-nup agreements

**Beth.Allcock**  
@wharf.co.uk

**D**emand from Wharfers keen to seek advice in the family law sector has prompted a leading firm to create a new base in Canada Square.

Solicitors Howell Jones built on its presence in Surrey and The Strand by opening the doors to its first office on the estate, on January 2.

With a four-strong team headed up by partner Simi Kalsi, the company's family solicitors specialise in financial settlements, divorce, separation, prenuptial, postnuptial and children, while a separate employment law team offers further specialist advice.

Simi said the company's latest office was driven by client convenience.

"A lot of my clients are based around here and when I did my research, I found there was a gap in the market for family lawyers. There was only one other in the vicinity," said the 36-year-old, who joined the Howell Jones team eight years ago.

"Our team is all very specialised. I am a member of Resolution [a national organisation for family lawyers] and specialise in collaborative law."

She said that trust and reputation were vital in the family law sector.

"You have a different relationship with family lawyers – you have to confide in them about your personal life. It's important to be able to connect and have that relationship with your family lawyer.

"I like to think the clients can have



BEN BROOMFIELD

Simi Kalsi from new Canada Square solicitors Howell Jones

that kind of a relationship with me. We're not hard, corporate figures."

The partnership also extends to the solicitors' working hours, which are "flexible to suit the individual"

The opening coincides with Christmas, a traditional time for family strife and new beginnings.

Simi said: "It is one of the busiest times. After the Christmas break people may figure out things aren't working out with one another or it

may be positive things, like people coming in for prenuptial agreements."

With the wealth on the estate, this is a growth area.

"We do get a lot of prenuptial agreements," she said.

"There are a lot of bankers getting them to protect their assets and that's what people want to do nowadays going into marriage."

Go to [howell-jones.com](http://howell-jones.com) for more information or call 0207 183 9470.

**2.3m**

Households containing co-habiting couples – a rise of 30 per cent in 10 years

**78%**

Number of people surveyed who say children should come first in a divorce settlement

**1.7%**

Decrease in the number of divorces between 2010 and 2011, the latest figures available

## NEWS IN BRIEF

### Business round-up

#### Excel chief takes over as chairman

**CONFERENCE** A management reshuffle at Excel has seen long-standing chief executive Kevin Murphy take up the role of chairman.

Managing director David Pegler will be the new chief executive.

Murphy will concentrate on "developing and strengthening" links with local and national government.

He said: "We need to raise the profile of the importance of our industry and garner support from government so that we can be more competitive in the global marketplace."

#### Ibis hotel gives rooms a new look

**HOSPITALITY** A hotel close to the Excel centre has reopened its doors after a refurbishment to spruce up its bedrooms and public spaces.

The Ibis Styles London Excel says it is convenient for commuters travelling to and from London City Airport and also within easy reach of The O2 and Olympic Park.

The venue boasts 302 refurbished bedrooms with work desks and there are also four dining areas and The Capstan Conference Centre. Go to [ibis.com](http://ibis.com).

#### Domino's slices up town's trade

**RETAIL** Global chain Domino's has taken over a site at Love Lane, Woolwich.

Franchisee Niraj Madhani said: "We are very excited to open a new store in Woolwich and look forward to bringing fresh, hot pizza to residents."

## Small investors moving cash into equities

### YOUR MONEY

**A**re shares ready to fly in Japan? Can Facebook recover from its flotation disaster? Will European shares revive if the euro finds firmer foundations?

These are the questions puzzling small investors in 2013.

Thomas Becket, chief investment officer at Psigma Investment Management, said: "The Japanese equity market could double from where we are now in three to four years."

Other commentators see energy as the next boom, as the shale revolution gathers pace. Many UK investors have topped up holdings in BG Group, a possible takeover target after the recent slump in its price.



Halifax Share Dealing spokesman Damian Stansfield said: "More than half (50.2 per cent) of our investors are looking to invest in energy and mining in the next six months.

Small investors were happy with 2012, said Stansfield.

He said: "Almost half of investors have seen an increase in the value of their share portfolio in the last six months."

Because the equities market has been so difficult to predict since the global crash of 2008, small investors focus on managed funds as they boost their Isas and self-invested personal pensions in search of tax-free returns.

At financial adviser Hargreaves Lansdown, senior investment manager Adrian Lowcock says investors should consider equities when returns on cash are so miserly, and set to get worse.

Since March 2009, cash in the bank has lost 16.2 per cent of its value, while income funds are paying 4 per cent-plus.

Lowcock tips the well-regarded Artemis Income fund, paying 4.4 per cent net dividend, comfortably outstripping inflation (three per

cent), and also Troy Trojan, where manager Sebastian Lyon bases his strategy on the assumption that western governments will eventually create higher inflation to cut their debts.

At financial adviser AWD Chase de Vere, Patrick Connolly warns that too many UK investors may be over-reliant on income funds largely invested in Britain. To reduce risk, they should look globally to find the best dividends.

"Around 87 per cent of all dividend income in the UK is produced by just 15 companies, and 58 per cent by only five companies," he said. "We particularly like the Newton Global Higher Income, Standard Life European Equity Income and JPM US Equity Income."





# Audi opens door on the sporty A3

It is extremely capable and feels like a car from the class above. That



## FACTFILE

Well consider yourself told otherwise: the A3 Sportback is

No need – you can buy one, know you've made a fine choice and be smug about it all at the same time.

## ★★★★☆



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per month Mazda contribution



**Mazda3**  
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Mazda contribution

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299 - 307 Collier Row Lane, Romford, Essex RM5 3ND  
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**The official fuel consumption figures in mpg (l/100km) for the Mazda Range:** Urban 21.9 (12.9) - 55.4 (5.1). Extra Urban 38.7 (7.3) - 78.5 (3.6). Combined 30.1 (9.4) - 67.3 (4.2). CO<sub>2</sub> emissions (g/km) 219 - 108.

Retail sales only, subject to vehicle availability for vehicles registered between 01.12.12 and 31.03.13 at participating dealers. T&C apply. \*O% finance available on all Mazda3 and Mazda3 models. Examples shown: Mazda3 1.3i 137 CVT, £195 per month and Mazda3 1.6i Sport Tamura, £249 per month are available on Mazda Personal Contract Purchase and include dealer localisation. At the end of the agreement, there are 3 options: (1) Renew Part 1 Finance for another 3 years or more, (2) Buy the car for a fixed price, or (3) Pay off the balance of the loan. P1P is subject to credit checks. A deposit may be made subject to the condition of the vehicle. Finance subject to status. If you are over 18, your Guarantee/Indemnity may be required. Mazda Financial Services offers a 0% APR on new Mazda3 models. Example shown: Mazda3 1.6i Sport Tamura, OTR £15,995. Models show feature optional Metallic/Pearlescent paint (EA95). OTR price includes VAT, number plates, delivery, 1st registration fee, 3 year or 60 000 mile warranty and 3 years' European roadside assistance. Test drives subject to applicant status and availability. Details correct at time of going to print. Not available in conjunction with any other offer unless specified.



# Images



1

Firefighters try to extinguish a fire at the Hangzhou Yusei Machinery Co Ltd in Zhejiang Province.

REUTERS  
Stringer  
CHINA

2

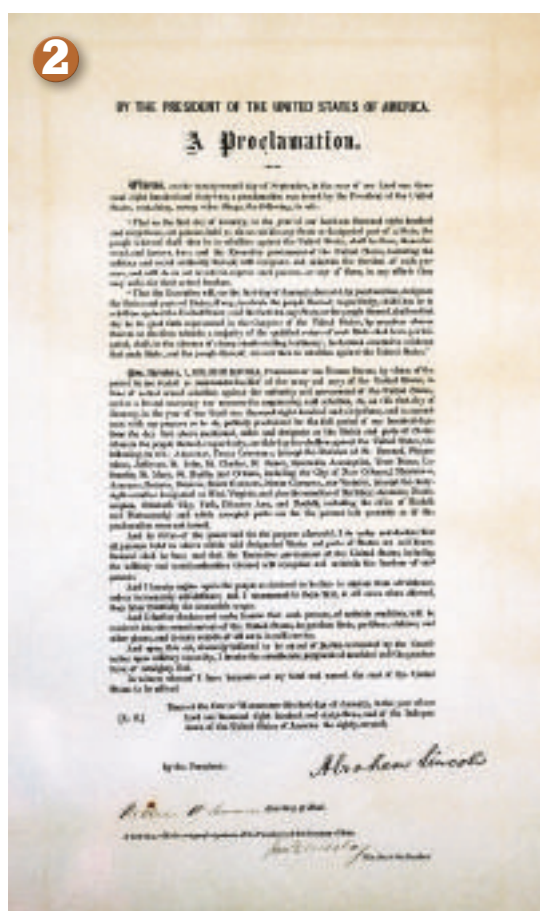
A rare copy of the Emancipation Proclamation, signed by Abraham Lincoln, is displayed in Philadelphia to mark its 150th anniversary.

REUTERS  
Tim Shaffer  
UNITED STATES

3

A member of anti-Japan civic group Kim Chang-geun, 57, stabs himself during a rally at Gimpo Airport in Seoul.

REUTERS  
Kim Hong-Ji  
KOREA





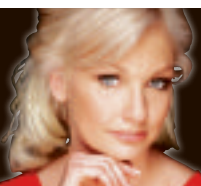
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You don't mean to say nasty things about certain people but you can't seem to accept any of the blame or guilt for yourself so naturally you do it.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You should confine any work you do to areas in which things are already smooth. The week lacks the vitality necessary to make that important move.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

The Moon brings out your more jealous side and you may find yourself accusing close ones of things they have not done. Keep silent until you have all the facts.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

A great time to make peace with those you fell out with over Christmas. You're coming across in a fair and just manner. Don't waste this gift though.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

I know you're angry with someone. You feel as if they're getting away with more than they should. Time is your new best friend and will reveal all.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You should avoid becoming involved in any joint financial ventures. The advice and proposals of friends are likely to lead to massive losses for you.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

Business finances will be in a particularly sensitive state. People connected with banking are likely to refuse to give any assistance. Start saving.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You have to alter decisions or plans at the last minute. This is by no means a challenge. You're giving others' schemes a nudge as your ideas are much better.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Not a great day for starting something new as nerves are getting the better of you whether your ideas are good or bad. Bide your time. Help is at hand.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Concentration will be hard to achieve. Try to stick to routine. It's only by keeping to what you thought was going to happen that you'll see what or who's strayed.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Relying on the expert advice of professionals is the best way of protecting yourself. A little support from someone who really knows never hurt anyone.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Financial affairs require caution around this time, especially if family or friends are involved in any way. Important documents must be read thoroughly.

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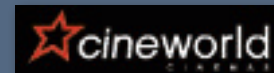
## Dinner and a Movie



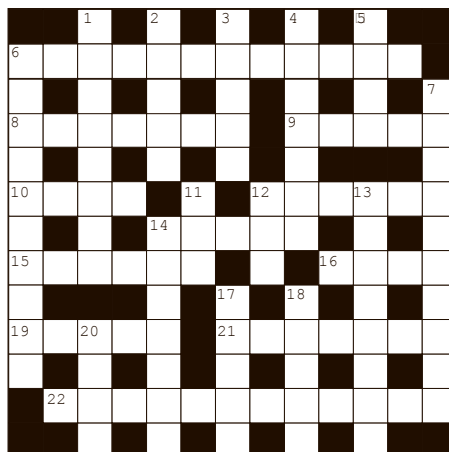
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the

name of the accomplished actress, pictured here in *Les Misérables*. Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is January 18, 2013.

Include your name and postal address and the details and tickets will be posted to you.



## Crossword



### ACROSS

6. Expert, proficient (12)
8. Decorative design (7)
9. Stadium (5)
10. Spool (4)
12. Draped shirt-like garment (6)
14. Heaps (5)
15. Paper handkerchief (6)
16. Dirty or untidy state (4)
19. Greek letter (5)
21. German measles (7)
22. Style of swimming (12)

### DOWN

1. Disperses (8)
2. Fossil resin (5)
3. Long flat piece of timber (5)
4. To the extent that (2,3,2)
5. Hereditary unit (4)
6. Spectre (10)
7. Wide-ranging or extensive (5-5)
11. Contend (3)
12. Harden (3)
13. Fail to notice (8)
14. Save (3,4)
17. Thin soup (5)
18. Subside (5)
20. Deserve (4)

ACROSS: 6. Accomplished; 8. Pattern; 9. Arena; 10. Reel; 12. Sarong; 14. Piles; 15. Tissue; 16. Mess; 19. Vieg; 21. Omega; 22. Breaststroke.  
DOWN: 1. Scatters; 2. Amber; 3. Plank; 4. As far as; 5. Gene; 6. Apportion; 7. Large-scale; 8. Pile; 9. Large-scale; 10. Reel; 11. Vieg; 12. Sarong; 14. Piles; 15. Tissue; 16. Mess; 19. Vieg; 21. Omega; 22. Breaststroke.

## Sudoku

### EASY

1		2		6	8	5	9	3
8	9		5	3		4	2	
	3	5		2	9	1		8
3	2		6	8			5	9
5		9			2		6	
4	6			5		3	1	
	8	3	1		6	2		5
2	1	4	8		5	6	3	
	5	6				9	8	

### HARD

	9		2		6			
1		6						3
4		9			2	3	5	
	6				4	2		
		5				7		
		2		8				
				3				4
6	5					1	7	

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP



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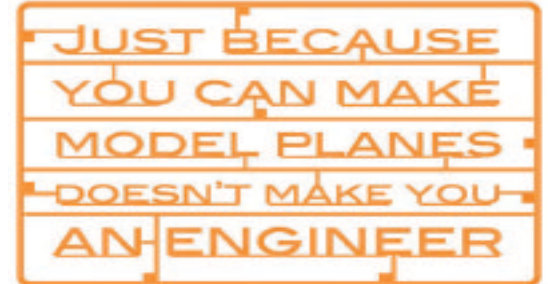
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## THE FANS' ROAR

By Ian Toal

We'll need to pick up our cup game

**Millwall Supporters Club**  
millwallsupportersclub.co.uk

**D**rawing Aston Villa in a home tie in the FA Cup fourth round ensures we will have a decent match in prospect.

Villa may not be an Arsenal, a Tottenham, a Chelsea, Man United or a Man City game – which would have seen a full house and good payday for the club – but they are a decent sized Premier League team.

We also have a chance to progress in this tie given how poorly Villa have been performing this season.

However, we will have to play a lot better than we did in the third round against Preston in our 1-0 win last Saturday to progress. In the first half it was like a training exercise as we pulled apart the opposing team.

But with the exception of a deflected shot from winger Liam Feeney, which found the net, we had nothing else to show for our efforts.

The second

half was a different story as we couldn't put two passes together.

With the January transfer window open it's the silly season for speculation.

As midfielder Liam Trotter was not in the matchday squad for the Preston fixture, rumours were doing the rounds that he was about to join another club who did not want him cup tied.

Later in the evening it came out that Trotter had picked up a knock in Tuesday's win over Bristol City which silenced the talk.

That's not to say he won't be on his way this month though. His absence from our midfield on Saturday was noticeable.

As a club we need to strengthen our team rather than weaken it. Our weakness on the left wing was exaggerated even further after Feeney picked up a hamstring strain on Saturday and had to be subbed at half-time.

Feeney was only starting because of an injury to first-choice winger Chris Taylor.

If Jackett cannot get anyone in before Saturday's trip to Bolton he'll have to decide whether to go with Shaun Batt, Scott Malone or Dany N'Guegan. They are all unproven options at this level in that position.

We should have a decent following for the trip to Bolton. It's a new ground for us, as we have not visited since the Trotters left Burnden Park.

# Addicks cling on due to strong away form

CHARLTON

Powell calls on his team to perform at home for the sake of fans and the season

**Rob.Virtue**  
@wharf.co.uk

**H**ome form has been the Addicks' Achilles heel this season and manager Chris Powell is adamant that will have to change in 2013.

All of the Addicks three wins at The Valley this campaign have come on a Tuesday, meaning they have failed to register maximum points in any of their eight weekend fixtures in south-east London.

It's a telling statistic for last year's League One champions whose five wins on their travels have kept them clinging to a mid-table position.

Speaking after the latest home defeat in the FA Cup to Huddersfield, Powell said: "We showed at Watford on New Year's Day what we can do when we make good decisions and create numerous chances but we didn't do that against Huddersfield.

"We need to do it more at home. It was a chance to get our home form going because we've been OK away but we haven't done enough at home for our fans at The Valley this season.

"I'm looking at 2013 for us to be better at that. Next week at home to Blackpool is going to be a tough game and we will have to produce chances."

One positive Powell took from the weekend's defeat was goalkeeper David Button making a competent debut for the Addicks.

However, the form of first choice stopper Ben Hamer will see him return between the sticks on Saturday. Ricardo Fuller and Chris Solly are also back in contention after being rested for the 1-0 FA Cup defeat, while Johnnie Jackson and Michael Morrison are set to return to the starting line-up, especially due to the upcoming suspension of Dorian Dervite, who was sent off against Huddersfield.

Blackpool, without a win in five, will be a good opportunity for the Addicks to put to rest the ongoing jinx of Saturdays at The Valley.

Charlton host Blackpool at The Valley on Saturday. Kick off is at 3pm.

## WEEKEND FLUTTER

WITH THE RACING POST

### RACING

■ At a big price, the David Arbuthnot-trained **Topolski** could be worth an each-way wager in Saturday's Lanzarote Hurdle at Kempton. He has lost his way recently, but the step up in trip should suit. He has dropped down the handicap to an attractive mark and could cause an upset.  
**Ed Quigley**

### FOOTBALL

■ Newcastle's FA Cup exit at Brighton on Saturday means they've won just two of their last 16 matches and have to be opposed at 13-10 against **Norwich** this weekend. The Canaries have lost their last two at home to Chelsea and Man City, but they've beaten Man United, Arsenal and Spurs at Carrow Road. **Graham Woods**

For daily expert advice, top tips and the latest news from our experts go to [racingpost.com](http://racingpost.com)



Charlton manager Chris Powell says his players need to raise their game when playing at The Valley



Richard Lankshear, left, celebrates his try against Wharfedale

## Blackheath's back on fire

RUGBY

BLACKHEATH returned from their Christmas break in fine form, overcoming Wharfedale 25-15 in a tough battle in Yorkshire.

A strong defensive performance was required with the south-east Londoners forced to spend the majority of the game in their own half. First period tries by Liam Gibson and Richard Lankshear helped them on their way to victory.

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# Sport

Wharf



## VICTORIOUS RETURN

Blackheath power back after the festive break

P63

## Cole's back and he's delivering the goods



Joe Cole helped create two goals for West Ham before being substituted

### WEST HAM

Giles Broadbent  
@wharf.co.uk

RETURNING midfielder Joe Cole repaid a warm reception back at the Boleyn Ground with some assured play, helping to create the two goals that keep West Ham in the FA Cup.

Had the Hammers held onto their slender advantage and not slipped to a last minute goal by Manchester Utd's Robin Van Persie, it would have been the ultimate second debut.

By the time Van Persie broke hearts within the Bobby Moore stand free-transfer Cole was back in the dug-out. Although he was looking for a lengthier run-out, by the 78th minute substitution, he looked as though he'd reached the end. Afterwards, he spoke of his home-coming.

He said: "The reception I got was really emotional for me. I was choked, our fans were fantastic. Even though the West Ham fans have

given me a great welcome every time I have come back here, with Chelsea and Liverpool, this was really special.

"I thought as well as us going forward, collectively we defended really well. We will go up there

[Old Trafford] and give it a right go again."

And he's already looking further ahead. He said: "The structure here at the club from top to bottom is really good, something I noticed straight away. If we, as a team, can continue to play with the desire we have, then it can only be on wards and upwards for us."

That challenge begins anew at the Stadium of Light against Sunderland. Although Martin O'Neill's side have shown signs of recovery after their stuttering start, they revealed their frailties in the FA Cup, drawing 2-2 with Championship's Bolton.

Only four points separate North East and East London and Allardyce will see the Black Cats as a good opportunity to lift the away points tally.

### BASKETBALL

Underdogs could cause upset for New York high fliers in regular season game

Rob Virtue  
@wharf.co.uk

**N**BA action comes to The O2 next week when two sides from the USA fly over to do battle.

The clash is the third regular season game in three years to be played in North Greenwich, which has hosted fixtures between the Toronto Raptors and the Brooklyn Nets as well as the Boston Celtics and the Minnesota Timberwolves.

On January 17, a sell-out crowd will watch the Detroit Pistons take on the New York Knicks. The match will also be screened live on Sky Sports, where it will be available in 3D for the first time.

6

Games won by the Pistons out of the last seven

The Pistons are putting together a young side with the likes of Andre Drummond and Greg Monroe making their mark. They are the underdogs for this clash, though, having had an inconsistent campaign including a run of eight defeats in November and six losses in a row last month.

However, they've finally managed to find some form and, before a defeat to Charlotte last weekend, had won six out of seven.

The much-fancied Knicks also fell to defeat last week in a game against Boston, which came on the back of some mixed results.

But they are riding high from good early season form and are currently second in the eastern conference.

The Pistons, sitting a place outside the play-offs, will have to find a way to stop Knicks' forward Carmelo Anthony who has amassed 812 points



The New York Knicks' Carmelo Anthony has scored more points for his team than any other player this season

# Pistons beware Knicks' Anthony

this season, nearly 150 more than the New York side's second highest scorer, JR Smith.

It will be interesting to see if Anthony has calmed down after the defeat to Boston when he had a bust up with rival Kevin Garnett following a heated match that also saw Smith needing 11 stitches in a head wound.



The Pistons will be pinning their hopes on Greg Monroe

At the other end the Pistons' bearded centre Monroe is their top scorer. The unsung hero – at national level, that is – is the fourth highest points gatherer for his position in the Eastern Conference.

He could prove to be the man to upset the favourites next Thursday. Go to [theo2.co.uk](http://theo2.co.uk)

151

Times Joe Cole has played for West Ham United

# Roaring bikes show off bump and grind

### MOTORSPORT

Rob Virtue  
@wharf.co.uk

The biggest names in the world of motocross will be stopping off at The O2 for the first show in an intense four-week UK tour.

The action takes place this Saturday evening, where riders take on steep jumps at speeds of up to 50mph under the big roof.

Stars attending include former world champion Andre Villa and European star Edgar Torrenteras from Spain. The 26-year-old Londoner Dave Wiggins – fast becoming known as the wild child of the sport – is also there, as well as a host of up and comers tipped to be the next big think in UK dirt bike racing.



Motorcross riders will take over The O2 on Saturday

Called Arenacross – a concept founded in America in the '70s – the show is a mix of professional motocross racing and freestyle

motocross. First conceived in America, the programme takes place on a purpose-built track. Riders race over huge jumps and fast-banking corners,

50

Mph – speed reached by the bikes indoors

while in the freestyle section they become gymnasts on bikes, performing feats such as backflipping a 100kg machine 40 feet above the ground.

Matt Bates, managing director of promoter E22 Sports,

said: "I can't wait to bring Arenacross to The O2."

"London is such a vibrant, exciting, colourful city and Arenacross is such a vibrant, exciting, colourful sport."

"It's a perfect match." The entertainment begins at 7pm. Go to [arenacrossuk.com](http://arenacrossuk.com) [theo2.co.uk](http://theo2.co.uk) for tickets and for more information about the event